



# Childbirth & Parenting Preparation Class

## Tuesday Evenings OR (4) 1 Day Classes

At St. Mary's Birthing Center our comprehensive childbirth preparation class is taught by experienced labor and delivery nurses to help you prepare for your birthing experience. The program covers the latest evidence-based information to help you prepare for pregnancy, delivery, and the postpartum period. Through our multi-dimensional class format, including lecture, discussion, video, and Q&A, our top goal is to boost your confidence and reduce your anxiety as you prepare for labor and delivery. Topics include, positioning and breathing for labor, TOUR of the Birthing Center, CAR SEAT instruction by technician, interactive games, prizes and more. We welcome your questions and want to assist you as you prepare for your baby's birth day!

### 2023 Dates: (Tuesday Evenings)

January 3, 10, 17, 24, 31	May 2, 9, 16, 23, 30	September 5, 12, 19, 26
February 14, 21, 28	June 6, 13, 20, 27	October 3, 17, 24, 31
March 7, 14, 21, 28	No July Classes	November 7, 14, 21, 28
April 4, 11, 18, 25	August 1, 8, 15, 22, 29	December 5, 12, 19

### (4) 1 Day Classes: (Fridays & Saturdays)

January 7, April 21, July 1 & October 13

\$60 (cash or check only), however no one is turned away. Most insurance companies reimburse upon course completion. St. Mary's associates receive a discount.

## Location

St. Mary's Healthcare  
425 Guy Park Avenue  
Amsterdam, NY 12010  
Medical Office Building  
Educational Classroom - Suite 306

## Time

- 6pm-8pm (Tuesday Evenings)
- 8am-3pm 4 one day classes lunch is provided

## Register

Call the Maternity Unit  
518-841-7314  
Attend around 28-30 weeks

